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Title

**The Implementation of Empowerment Program to Promote Hope in Parents of
Preterm Infants Hospitalized in Neonatal Intensive Care Unit (NICU) IN 2019**

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چکیده

مقدمه و اهداف: نوزادان نارس دچار مشکلات متعدد جسمی هستند که منجر به بستری آنها در بیمارستان می شود. بیمار شدن فرزند منجر به ترس، احساس ضعف، از دست دادن امید، خستگی فیزیکی و روانی اعضای خانواده به ویژه والدین آنها می شود، و با طولانی و پیچیده بودن مشکلات نوزادان در امید والدین اختلال ایجاد می شود. این مطالعه با هدف "تعیین تاثیر اجرای برنامه توانمندسازی بر امید والدین نوزادان نارس بستری در بخش نوزادان بیمارستان پیامبر اعظم شهر کرمان ۱۳۹۸" انجام شده است.

روش ها: مطالعه حاضر از نوع نیمه تجربی، دوگروهی قبل و بعد است. نمونه های مورد مطالعه را والدین نوزادان نارس بستری در بخش نوزادان بیمارستان پیامبر اعظم شهر کرمان تشکیل دادند. نمونه ها به صورت در دسترس انتخاب و به صورت تصادفی در دو گروه مداخله و کنترل قرار گرفتند. گروه مورد مداخله تحت آموزش توانمندسازی قرار گرفتند موارد ضروری مراقبت از نوزاد نارس از روز دوم بستری نوزاد، طی چهار جلسه یک ساعته، آموزش داده شد، سپس مراقبت ها توسط والدین در زمانهای خاص در بخش انجام شد و تا یک هفته بعد از ترخیص پیگیری پژوهشگر ادامه داشت. گروه کنترل فقط آموزشهای معمول بخش را دریافت کرد. پرسشنامه امید Miller توسط هر دو گروه قبل و بعد از مداخله تکمیل شد. آنالیز داده ها با استفاده از نرم افزار SPSS V25 و روشهای آماری توصیفی و تحلیلی انجام شد. سطح معنی داری $p < 0/05$ در نظر گرفته شد.

یافته ها: یافته های مطالعه نشان داد که سطح امید دو گروه مداخله و کنترل قبل از شروع مداخله در حد متوسط بوده است، و میانگین نمره امید بین گروه کنترل و مداخله قبل از مداخله اختلاف معنی دار آماری را نشان نداد ($p > 0/05$). یافته ها بعد از اجرای مداخله نشان داد که اجرای برنامه توانمندسازی، نمره امید در گروه مداخله را نسبت به گروه کنترل بطور معنی داری افزایش داده است ($p < 0/001$).

بحث و نتیجه گیری: نتایج پژوهش حاضر نشان می دهد، که اجرای طرح توانمندسازی بر امید در بخش مراقبت ویژه نوزادان، افزایش امیدواری والدین را در گروه مداخله در پی دارد.

کلمات کلیدی: نوزاد نارس؛ امید؛ توانمندسازی؛ والدین

Abstract:

Background and objectives: Premature infants may suffer from numerous physical problems, which can have a profound impact on the living conditions of parents, including loss of hope. Parental hope can influence the process of the infant's recovery through parental involvement. The purpose of this study was to determine the effect of empowerment program on the hope of parents of premature infants hospitalized in the neonatal intensive care unit (NICU) of Kerman Payambar Azam Hospital in 2019.

Methods: This was a quasi-experimental study with two-group pretest-posttest design. The research sample consisted of 80 parents (40 persons in each group) who were selected through random convenience sampling. The intervention group participated in a hope-enhancement empowerment program, and telephone follow-up was performed one week after discharge. The control group received no intervention except for routine training. The Miller Hope Scale was completed by the members of both groups before and after the intervention. The collected data were analyzed by SPSS V25 software using descriptive and inferential statistics.

Results : The results showed that the mean score of hope was not statistically significant between the control and intervention groups before the intervention ($p > 0.05$), while it was significantly different after the intervention ($p < 0.05$), implying that the empowerment of the intervention group significantly increased compared to that of the control.

Cunclusion: The implementation of hope-enhancement empowerment program increased the parents' hope in the intervention group. Increasing the ability of parents of premature infants enhances infant care, which can lead to the development and growth of the infant, as well as the development of parental mental health.

Keywords : Premature infants, Hope, Parents, Empowerment

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Abbreviations	
LBW	Low Birth Weight
ELBV	Extermely Low Birth Weight
VLBV	Very Low Birth Weight
MLBV	Mode Low Birth Weight
NICU	Neonatal Intensive Care Unit
COPE	The Creating Opportunities For Parent Empowerment
SPSS	Statistical Package for The Social Sciences
RDS	Respiratory Distress Syndrome

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